



## Health Procedures

### 04.06 Oral health

The setting provides care for children and promotes health through promoting oral health and hygiene, encouraging healthy eating and healthy snacks.

- Fresh drinking water is available at all times and easily accessible.
- Sugary drinks are not served.
- Only water and milk are served with morning and afternoon snacks.
- Parents are asked to provide healthy nutritious snacks of fruit or vegetables for snack times
- Parents are discouraged from sending in confectionary as a snack or treat.

#### Pacifiers/dummies

- Parents are *advised* to stop using dummies/pacifiers once their child is 12 months old.
- Dummies that are damaged are disposed of and parents are told that this has happened

#### Further guidance

Infant & Toddler Forum: Ten Steps for Healthy Toddlers [www.infantandtoddlerforum.org/toddlers-to-preschool/healthy-eating/ten-steps-for-healthy-toddlers/](http://www.infantandtoddlerforum.org/toddlers-to-preschool/healthy-eating/ten-steps-for-healthy-toddlers/)

**This policy was adopted by Acorn Playgroup and Pre-school on 01 September 2023**

